

First aid

1st year, summer term, general medicine

Lectures (1h):

1. Basic principles of first aid, organization 1 h
Basic principles, organization, organization of teaching, literature, SBAR, BLS

E-learning (2 h) with test:

First aid in trauma and emergencies of non-traumatic origin
Basic life support in adults, children, infants and newborns.

Workshops:

Extent of teaching: 4x3 h

MCQ test before practical training

1. Practical training in providing first aid in trauma and emergencies of non-traumatic origin, 3 hours
Activation of emergency medical service, content of information, care to arrival
Types of bleeding, methods to stop bleeding, pressure points, the use of throttle
Wound care, dressing technique
Fracture immobilization – principles and practice
Head fixation, neck collar use
First aid in breathless patients, chest pain
Childbirth - video
First aid in burned patients – methods of cooling, dressing, hyperthermia management
Body positions - recovery position, abdominal and chest injury etc.
Anti-shock measures– principles
Autoinjector use
Inhalational delivery of medication, spacers
Sublingual nitrate usage (tbl, spray)
2. Practical training in basic life support in adults. 3 hours
Sudden airway obstruction (choking) , cardiac arrest recognition, basic life support (BLS), airway management, mouth to mouth breathing, chest compression, initiation and discontinuation of cardiopulmonary resuscitation, automatic external defibrillator in adults
3. Practical training in basic life support in children, infants. 3 hours
Sudden airway obstruction (choking) , cardiac arrest recognition, basic life support (BLS), airway management, mouth to mouth breathing, chest compression, initiation and discontinuation of cardiopulmonary resuscitation, automatic external defibrillator in children
4. Practical training of first aid and BLS in clinical scenarios. 3 h.

Annotation:

Acute medical emergencies: unconsciousness, seizures, dyspnoea, chest pain (myocardial infarction, pulmonary oedema, pulmonary embolism), snakebite, acute psychiatric disorders, stroke, acute surgical emergencies: chest injury, abdominal injury, traumatic head injury, multiple trauma, fractures, wounds, bleeding, acute abdomen, other emergencies: poisoning, drowning, diving emergencies, heat shock and heat stroke, childbirth. Sudden airway obstruction (choking) , cardiac arrest, basic life support (BLS), airway management, mouth to mouth breathing, chest compression, initiation and discontinuation of cardiopulmonary resuscitation, BLS in children, automatic external defibrillator

Compulsory literature:

Study material in Moodle

Recommended literature:

Málek, Dvořák, Knor et al. First Aid

<https://www.lf3.cuni.cz/3LFEN-234.html>

Current Version of European Resuscitation Council guidelines for Basic Life Support

<https://cprguidelines.eu/>

<https://www.lf3.cuni.cz/3LFEN-232.html>

Credit:

MCQ test before practical trainings, attendance on at least 3 practical trainings/workshops, CPR demonstration